

Help Someone Else

If you know someone who is harming him or herself, you can:

- Listen to them and take them seriously.
- Remember that you can't solve the problem for your friend, but you can encourage them to talk to an adult or a professional who can help them.
- Do not be critical of your friend's behavior. Accepting your friend and showing concern can help them feel cared about and safe.



If You Want to Know More about Self-Harm

Bright Red Scream (Merilee Strong)

Bodily Harm: The Breakthrough Healing Program for Self-Injurers (Karen Conterio and Wendy Lader, Ph.D.)

Cutting: Understanding and Overcoming Self-Mutilation (Steven Levenkron)

Cut (Patricia McCormick)

The Scarred Soul: Overcoming and Ending Self-Inflicted Violence (Tracy Alderman)

www.mirror-mirror.org

www.mosaicminds.org

Resources for Information and Assistance

Emergency Phone Numbers

Police Emergency...911
Fire Emergency...911
Warsaw Police Dept...574-372-9511
Kosciusko Co. Sheriff's Dept...574-267-5667
State Police...1-800-552-2959
Dept. of Child Services (DCS) ...1-800-800-5556
Kosciusko Community Hospital...574-267-3200
Warsaw Victim Services...574-372-9539
National Center for Victims of Crime...1-800-394-2255
National Domestic Violence Hotline...1-800-799-7233
Sexual Assault/Sexual Abuse
National Hotline 800-656-HOPE
National Center for Missing and Exploited Children
1-800-843-5678
Child Abuse National Hotline ...1-800-422-4453

Victims' Assistance

Warsaw Victim Services ...574-372-9539
Kosciusko Co. Prosecutor's Office...574-372-2419

Counseling Resources

Bowen Center...1-800-342-5653
574-267-7169
Brighter Tomorrows (Plymouth) 574-935-9449
Lifetouch574-269-7990
McArthur Counseling Center574-267-1700
Warsaw Community Church Counseling
Center574-268-0448

Shelters

Kosciusko Co./Beaman Home...574-267-7701
Noble County Shelter ...800-441-4073
Elkhart Co. Women's Shelter...574-294-1811
South Bend YWCA Women's Shelter...574-232-9558
Allen Co. YWCA Shelter for Women... 800-441-4073

Other Important Numbers

Rape, Abuse, and Incest National Network
1-800-656-4673
Heartline Pregnancy Care & Counseling
574-267-5110
To Check Jail Status....574-267-5667
National Runaway Switchboard...1-800-786-2929
National Drug Abuse Hotline...1-800-662-4357
Boys and Girls Club of Kosciusko....574-268-1155
Baker Youth Club 574-267-8771
United Way/AIRS – Info for Referrals211

Self-Harm

“Sometimes I can't help hurting myself.”

Victim Services

offers crisis counseling, information and referrals, and personal advocacy to victims of violent crime and their families, along with public education/awareness on violent crime victimization.



(574) 372-9539

banglin@warsaw.in.gov

www.warsaw.in.gov

Departments > Police > Victim Services

What is it?

Self-harm is hurting yourself on purpose. It is not an effort to commit suicide. Self-harm is also known as self-injury, self-mutilation, or self-inflicted violence. Teens who harm themselves come in all genders, races or ethnicities, states, and economic backgrounds. More females than males hurt themselves.

There are many reasons people hurt themselves. Some teens do it to try to stop feeling lonely, angry, or hopeless. It is their coping mechanism for dealing with feelings they can't handle. Some teens who hurt themselves have low self-esteem, feel unloved by their family, or think they have no friends. Some also have an eating disorder, an alcohol or drug problem, or may have been victims of physical or sexual abuse. In fact, the majority of females who self-harm have been physically or sexually abused.

Teens who hurt themselves often keep their feelings "bottled up" inside and have a hard time letting their feelings show. Some teens who hurt themselves say that feeling pain gives them a sense of relief.

Some Ways People Hurt Themselves

There are many forms of self-harm, including:

- Cutting with knives, razor blades, broken glass, or anything sharp
- Carving
- Branding/Marking
- Banging your head against a wall or hard object
- Breaking bones
- Burning your skin or rubbing it until you have abrasions
- Biting yourself
- Biting your nails until they bleed
- Hitting
- Picking or pulling skin and hair
- Not allowing old cuts to heal
- Self-strangulation

Why do people hurt themselves?

Sometimes people don't really know why they hurt themselves. Others do it for a lot of different reasons, including:

- Relief from psychological pain
- To calm down when feeling out of control
- To release tension
- Not being able to feel emotionally, and wanting to feel something
- Feeling too much
- To express anger or hurt.



Get Help

If you are harming yourself, get help. Talk to an adult or someone your own age who you trust. Check in your community for a support group for teens who self-harm or for similar groups. Even though you might feel alone, there are people who understand you and can help you understand yourself. If you don't know who to talk to, contact the National Center for Victims of Crime Helpline at **1-800-FYI-CALL** or email: gethelp@ncvc.org.



Help Yourself

There are options you can use instead of hurting yourself. They make you feel discomfort, without actually injuring you. They might help you break the cycle of hurting yourself. Some of these options come from sources listed at the end of this document—many were suggested by people who used to hurt themselves and have stopped. When you feel like you need to hurt yourself, you might want to:

- Wrap a rubber band (loosely) around your wrist and "snap" it against your skin.
- Talk to someone.
- Hold some ice cubes in your closed mouth for as long as you can stand it.
- Squeeze your ear lobe between your finger and thumb.
- Make a list of your feelings.
- Ask a friend to write things they like about you. Keep this list where you can find it when you need it.
- Hold your arms in front of you for as long as you can bear.
- Take a cold bath (not a hot bath—scalding water can kill).
- Listen to music. Turn up the volume if it helps.
- Throw plastic bottles at a wall or kick a ball.
- Punch or kick something that won't hurt you (or it!).
- Draw a picture of the wound you want to create.
- Squeeze the inside of your nose between your nostrils with your finger and thumb.
- Use a red marker on your skin if you feel like you need to see blood.
- Go for a walk or a run, swim, or lift weights.
- Do yoga.
- Try relaxation breathing techniques.